



## 5 A Day Recipes

### Salad

#### Spinach & Crab Dip

##### Serves 4

- 2 (10 oz.) packages of frozen, chopped spinach
- 1 cup non-fat sour cream
- 1 cup non-fat mayonnaise
- 1 tablespoon dried onion soup mix
- 4 ounces flaked crab meat or imitation crab meat

Thaw and pat spinach dry. Stir together spinach with remaining ingredients. Cover and refrigerate for at least an hour before serving with wedges of French bread or sweet Hawaiian bread.

This recipe provides four people with more than one 5 A Day serving each.